

FACTS ABOUT STROKE

Did you know?

- Stroke is the #3 cause of death in the U.S. and in Kentucky.
- One-half of all African-American women die from stroke or heart disease.

**Stroke is a medical emergency....
every second counts!**

Warning signs of a stroke may include one or more of these symptoms:

- Sudden **numbness or weakness** of the face or body, especially on one side
- Sudden trouble walking, **dizziness, loss of balance** or coordination
- Sudden **confusion**, trouble speaking or understanding
- Sudden, **severe headache** with no known cause
- Sudden trouble with **vision** in one or both eyes

**Be alert! Someone may be having a stroke if
they have trouble responding when you:**

- Ask the person to smile (**F**ace)
- Ask the person to raise both arms (**A**rms)
- Ask the person to speak a simple sentence (**S**peech)

These could be warning signs of a stroke. Time saved is brain saved!

Act FAST – Call 911!

What puts you at risk for a stroke?

- High blood pressure
- Smoking or exposure to smoke
- High cholesterol
- Diabetes
- Inactive or sedentary lifestyle
- Family history of stroke or heart disease:
 males BEFORE age 55 or females BEFORE age 65.
- Male gender
- Being overweight
- Being African American

What can you do if you are at risk?

- Check your blood pressure at least once a year because hypertension usually has no symptoms. (Pre-hypertension begins at 120/80 and hypertension begins at 140/90.)
- Do not smoke or use tobacco products.
- Get a complete lipid profile as the first test for high cholesterol.
- Control your blood sugar if you have diabetes.
- Get 30-60 minutes of moderately intense physical activity (e.g. brisk walking) on most days.
- Control your weight.
- Eat a balanced diet of heart-healthy foods.
- Limit alcohol consumption per day to 1 or 2 drinks:
1 or less for most women; 2 or less for most men.
- Learn to manage stress.
- Take your medication as prescribed. Ask your doctor or pharmacist about any concerns or side effects.

For additional information about stroke and controlling the risk factors, call the

**Chronic Disease Prevention Team
(502) 574-6663**

Visit these websites for more information:

- www.LouisvilleKY.gov/health Louisville Metro Health Department
- www.strokekyin.org Kentucky and Southern Indiana Stroke Association
- www.stroke.org National Stroke Association
- www.strokeassociation.org American Stroke Association
- www.ninds.nih.gov National Institute of Neurological Disorders & Stroke
- www.cdc.gov/cvh Centers for Disease Control and Prevention
- www.omhrc.gov U.S. Office of Minority Health

